



# ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL [marcelo@annunciation.org](mailto:marcelo@annunciation.org)

JULY 2014

## BUILDING UPDATE: CONSTRUCTION OF THE PARKING GARAGE HAS BEGUN!

We are pleased to announce that construction on the new Cathedral has resumed. It was on for a few weeks due to finding small encroachments by the building next door. While the final technicalities of an agreement are being worked out with that building's Homeowner's Association, the construction team has found a way forward that allows work to resume in the meantime. The waterproofing subcontractor has almost finished installing the waterproofing for the new parking garage, parts of which will be below the water table during wet weather. Once the waterproofing is finished, at thin protection slab will be poured over the whole floor of the excavation, to be followed by rebar installation for the foundation slab. Isidoros Garafalakis of Vancouver, Washington, is supplying the rebar for the entire project at a greatly reduced cost through his steel fabrication company, Omega Industries. The foundation slab should be poured in late July, to be followed by constructing the walls of the parking garage.

To date, roughly \$10.5 has been raised for the building project thus far. Including monies spent on pre-construction, roughly \$2 million is still needed to complete the exterior and interior construction. The Construction Committee is continuing its fundraising efforts so that the Cathedral can be completed in 2015.

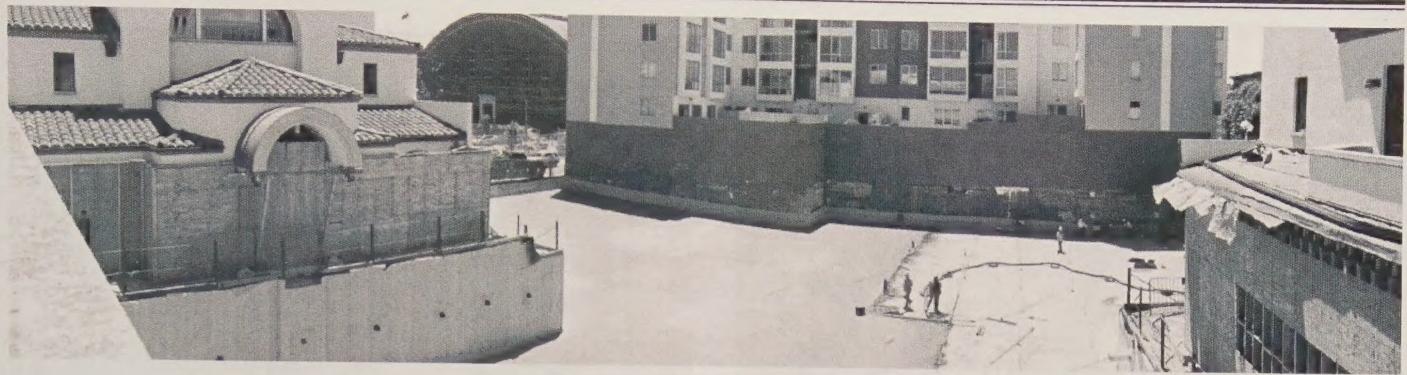


## FATHERS OF THE YEAR 2014

see page 7 "PHILOPTOCHOS NEWS"







## MATCHING GIFTS FOR THE BUILDING PROJECT

A few months ago, one of our dedicated parishioners informed us that the company she works for offered to match any contributions made by any of their employees to non-profit organizations. The individual had already pledged \$25,000. over five years to the building project, and had already submitted one payment in the amount of \$5,000. this year. Her company matched this amount, and we were recently, we were notified that they would do so again this year.

This means that, potentially, this individual's pledge will go from \$25,000 to \$50,000!

If you have already pledged to the Capital Campaign and submitted a payment this year, or are planning to do so in the future, please inquire if your employer has a similar policy of matching gifts to non-profits. Please join us as we embark on this historic time in the history of our community. Every bit helps!

### WHAT DOES MY GIFT TO THE BUILDING FUND REALLY AMOUNT TO OVER A FIVE YEAR PERIOD? Below are some different ways to look at how you can make a meaningful gift.

AMOUNT	PER YEAR OVER 5 YEARS	PER MONTH OVER 5 YEARS	PER DAY OVER 5 YEARS	2 PERSON FAMILY- PER DAY (EACH)	3 PERSON FAMILY- PER DAY (EACH)	4 PERSON FAMILY- PER DAY (EACH)
\$100,000	\$20,000	\$1,666.00	\$54.80	\$27.40	\$18.26	\$13.70
\$50,000	\$10,000	\$833.00	\$27.40	\$13.70	\$9.13	\$6.85
\$30,000	\$6,000	\$500.00	\$16.43	\$8.22	\$5.48	\$4.10
\$25,000	\$5,000	\$416.00	\$13.70	\$6.85	\$4.56	\$3.42
\$20,000	\$4,000	\$333.33	\$10.95	\$5.49	\$3.65	\$2.74
\$15,000	\$3,000	\$250.00	\$8.22	\$4.11	\$2.74	\$2.05
\$10,000	\$2,000	\$166.66	\$5.47	\$2.75	\$1.82	\$1.36

The building of the new Cathedral is a once-in-a-lifetime opportunity which has presented itself to us as a Community and can be accomplished very easily if we all are willing to do our part to give as much as we can for this short period of time.

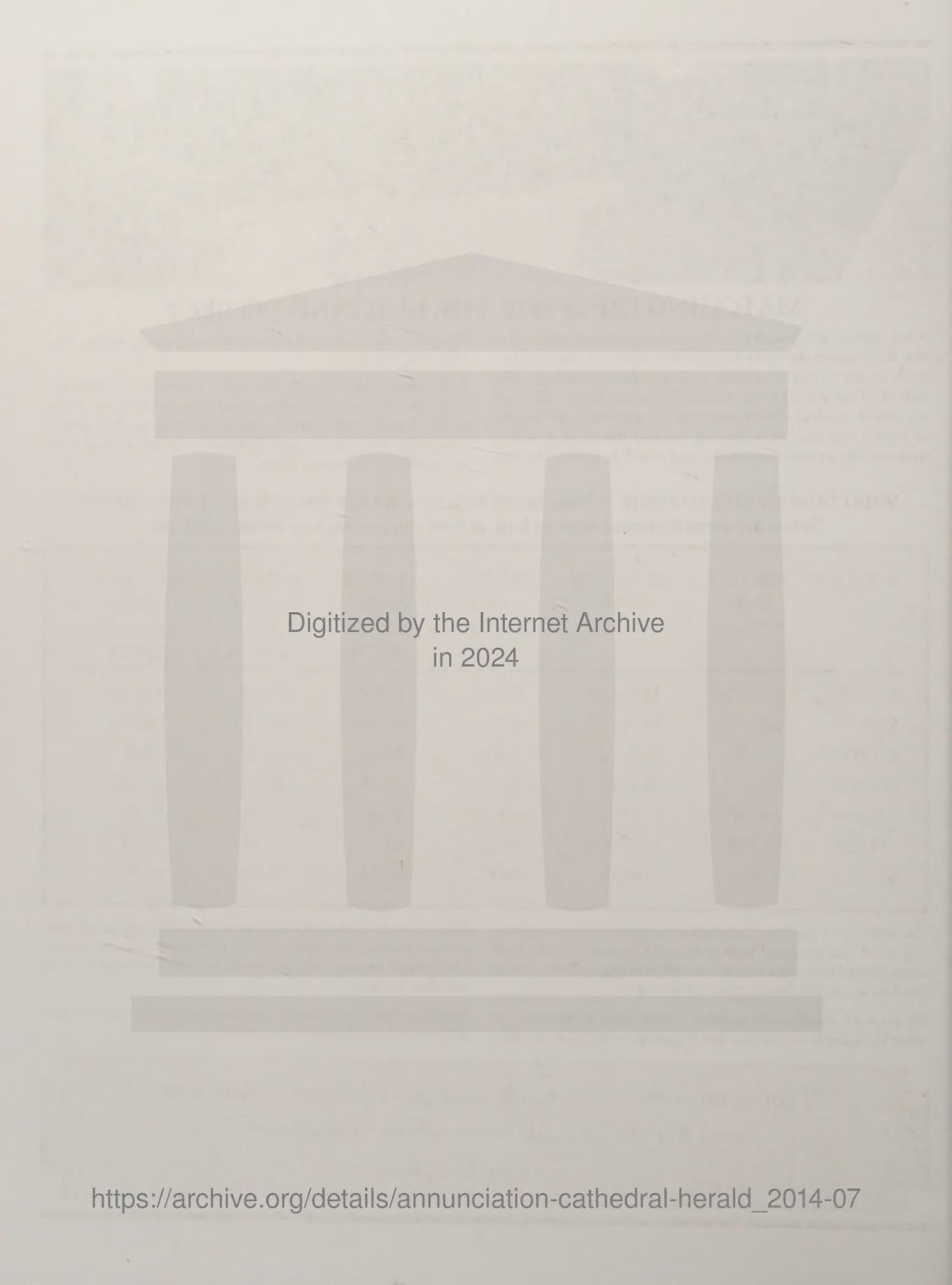
We must ask ourselves the question - How much do we spend on other things each month that are important to us? Can we add a

donation to the Cathedral Building Fund as well? Many people have set up a monthly auto debit plan on their credit cards so that gift can be made automatically and spread out over time in order to fit into their budgets.

Your thoughtful consideration is appreciated by us today and your children and grandchildren tomorrow!!

*"I consecrated this house you built to place My name there forever,  
and My eyes and My heart will be there all days."*

- 3 Kingdoms 9:3



Digitized by the Internet Archive  
in 2024



## Ecumenical Patriarch Bartholomew Joins Pope Francis at a Vatican Invocation for Peace

FROM THE PRESS RELEASE OF THE ARCHDIOCESE:

**“NEW YORK -** With a renewed commitment to Christian unity and an enduring desire to include people of all faiths in dialogue, His All-Holiness Ecumenical Patriarch Bartholomew, spiritual leader of over 300 million Orthodox Christians worldwide, and his brother Pope Francis joined hands at the Vatican during an Invocation for Peace. Together with the Pope and the Ecumenical Patriarch, the Israeli President Shimon Peres and Palestinian President Mahmoud Abbas participated in the interfaith service of Jews, Christians and Muslims.

The leaders read passages from the scriptures and offered prayers of thanksgiving for God's creation and asked for God's forgiveness and peace in the Middle East. Reading from the Book of Isaiah, His All-Holiness reminded the people of the region that God had not abandoned them, and that He would answer before they call, and hear while they yet speak (65: 24).

The Ecumenical Patriarch also called upon God's blessings upon the Jewish, Christian and Muslim children of the Holy Land and prayed that their shared thanksgiving for all of God's blessings may remind them that they are brothers and sisters.

Following the prayer service, Pope Francis and Ecumenical Patriarch Bartholomew shook hands with Presidents Peres and Abbas. As a clear sign of their desire for mutual reconciliation and an equitable and sustainable solution to the conflict in the Middle East, the four leaders planted an olive tree in the Vatican gardens.

His All-Holiness Bartholomew is the Archbishop of Constantinople-New Rome and the Ecumenical Patriarch. He is the 269th successor to the First-Called Apostle Andrew, the founder of the 2,000-year old Christian Church of Constantinople. The Ecumenical Patriarch is a living witness to the world of Orthodoxy's painful and redemptive struggle for religious freedom and to the innate dignity of humankind. As a citizen of Turkey, His All-Holiness' personal experience provides him a unique perspective on

the continuing dialogue among the Christian, Islamic and Jewish worlds. He is known throughout the world as the "Green Patriarch" for his groundbreaking environmental initiatives and ecological theology. For his inspiring efforts on behalf of religious freedom and human rights, Ecumenical Patriarch Bartholomew was heralded as a Bridge Builder and Peacemaker and awarded the Congressional Gold Medal by the U.S. Congress in 1997.

Additional information may be found at:  
<http://www.patriarchate.org>



*“Trust in the Lord with all your heart, and do not rely on your insight. In all your ways acknowledge Him, and He will make straight your paths.”*

- Proverbs 3:5-6



## Annunciation Sunday School Building Project

If you've been attending service over the past couple of months it's hard to miss the building enthusiasm shared by the youth of our church. This enthusiasm is more formally known as the Annunciation Sunday School Building Project.

During the school year there will be a variety of projects presented in church that allow the youth to interpret what building a new church means to them. Presentations are grouped in several ways including age, activity, or child's interest.

The aim of the Sunday School project is to allow the youth to take part in the historic building process of the Annunciation Cathedral. Just as many of you hold memories of the devastating 1989 earthquake, we want our youth to hold memories of building the new cathedral.

All pictures will be displayed on our building project shutterfly share site: [https://annunciationsf.shutterfly.com/#:emid=site\\_calendarreminder&cid=SHARE3SXXXX](https://annunciationsf.shutterfly.com/#:emid=site_calendarreminder&cid=SHARE3SXXXX). All members of the share site can view, copy, post, and order pictures of the projects. If you wish to be added to the share site, email Anastacia Ambus at: Tashaugr@yahoo.com.

## Gift Giving to the Capital Campaign

For those parishioners or friends of the Cathedral who wish to make a donation, you may consider donating funds from your stock portfolio. If you were to sell this stock on the open market most likely you will pay capital gain taxes. To avoid paying capital gain taxes, you simply donate the stock to the Annunciation Cathedral, a non-profit 501C 3 religious corporation.

The stock needs to be publicly traded on one of the exchanges (NY, NASDAQ, etc) then you simply report it on your tax return as a noncash charitable contribution. You get the appreciated value for the donation and do not pay tax on the capital gain. Then all you will need for taxes is a letter of acknowledgment from the Cathedral, with the name of the stock, date of donation and number of shares received. For additional information regarding the transfer of stock to the Cathedral, please contact Father Stephen at [fatherstephen@annunciation.org](mailto:fatherstephen@annunciation.org) or Angie Leventis at [aleventis3@comcast.net](mailto:aleventis3@comcast.net).

## Sunday Metered Parking Ends July 6, 2014!!

The San Francisco Municipal Transit Agency's (SFMTA) 2014 Budget includes a policy change that directly impacts congregations that worship and conduct education/ philanthropic programs on Sundays. Starting July 6, 2014, the Sunday parking meter policy that has been in effect since January 6, 2013, will be "rolled back" and no longer enforced. Exceptions to this policy are enumerated in the SFMTA's communication that follows:

"Exceptions to this change in policy are areas where meters operated on Sundays prior to the addition of Sunday operating hours in January 2013. This includes:

Port of San Francisco jurisdiction meters

Fisherman's Wharf area meters

Some (but not all) SFMTA-managed metered parking lots (retaining those that operated on Sundays prior to 2013)."

Spread the news!

## Cathedral Opens Donations Link on Amazon.com

The Cathedral is now enrolled in the AmazonSmile program, whereby Amazon donates 0.5% of the price of eligible Amazon Smile purchases to charitable organizations selected by Amazon.com customers. This would be a tremendous help to the Cathedral as we shop on one of the biggest online businesses in the world!!

When making online purchases from Amazon, just select "Annunciation Greek Orthodox Cathedral" as your charity of choice. Here's how to enroll in this program:

- Go to <https://smile.amazon.com> and log in with your Amazon account (if you don't have an Amazon account, you can create one from that web page by clicking on the 'Create an account' link)
- Enter 'Annunciation Greek Orthodox Cathedral San Francisco' in the search field and hit 'Search'
- You should see a single result of 'Annunciation Greek Orthodox Cathedral'. If you see more results, locate the one with 'San Francisco, CA' next to it.
- Hit 'Select' to make the Annunciation your charitable organization choice for your Amazon account.

That's it! When shopping on Amazon, simply sign into <https://smile.amazon.com> for the Annunciation to receive 0.5% of the price of eligible purchases. You'll know you're in the AmazonSmile program because the top left corner of the web page will show 'amazonsmile' instead of 'amazon'.

## Bios of our 2014 Fathers of the Year – Ilias Frangos and Nick Kontonis

### Ilias Frangos

Ilias Demetrios Frangos was born in Vasilitsi, a town in the southwest part of Messinia, Greece on April 14, 1919. Raised in a family of farmers, he had two brothers and two sisters. Despite working from a very young age, Ilias loved to learn and explore.

Ilias attended secondary school in Koroni, walking 1 1/2 hours to and from school every morning and afternoon. In his teens, Ilias worked in an olive pressing plant, a bakery, and learned to be a mechanic. He dreamt of leaving his hometown and finding greater opportunities.



In March of 1940, he enlisted in the army and was sent to Thessaloniki for training. On August 28th of that same year, Greece said OXI to Italy's Mussolini and by November, Ilias was on the front lines during World War II against the Italians. When that part of the war ended, Ilias walked 17 days from Northern Greece to get home to Vasilitsi. The war continued and the communist partisans captured Ilias twice but, fortunately, he was able to escape. On September 9, 1944, Ilias married the love of his life, Hariklia Varvoutsis. They moved to Kalamata where Ilias served as a Lieutenant at the army base and later started a grocery store. A few years later, they had a daughter, Kalliope.

On March 3, 1951, Ilias, Hariklia, and Kalliope left Greece on a 14 day journey by ship to the United States. In search of better opportunities, the family traveled across the U.S. by train to Lincoln, California where Ilias' Godfather, Louis Cheonis lived. Ilias got his first job working on the line for the Southern Pacific Railroad. The family moved again to Sacramento, where his sons Jim and Chris were born. Ilias worked for both Southern Pacific and Vickers grocery store, while also going to school part time for 6 years! He received his citizenship papers and later earned his real estate broker and notary public licenses as well as his insurance broker license. He was a Real Estate Broker for 45 years.

Ilias served on the parish council at the Annunciation Church in Sacramento for many years, helping to restore the church. The entire family was active in the church, with Harikilia serving as president of Philoptochos, as well as the Messinian Society. They also joined the AHEPA/Daughters of Penelope and were active chapter members.

Ilias loved the Bay Area and in 1967 he moved to Millbrae. He built his dream home there to look out at the Bay, reminding him of home.

Over the years, the family was active at both the Annunciation Cathedral and Holy Trinity. Ilias was president of the Messinians several times and District Governor. He participated when the Messinian Society held one of the first fundraising events for the Cathedral after the Loma Prieta earthquake. He was very active in the San Mateo AHEPA chapter and served as officer in the chapter and District level.

Ilias' three children all went to college, got married, and gave Ilias and Hariklia 11 grandchildren.

In 2002, after nearly 60 years of marriage, Ilias lost his beloved wife Hariklia after several years battling cancer. Ilias remained active in the community and was able to find joy in his grandchildren and 5 great grandchildren.

Ilias attends church regularly, having memorized the church liturgy as well as hymns and prayers recited only once a year in his youth. He volunteers at our at the church's festival Greek exhibit as our Pappou explaining Greek culture and history from a first-hand perspective.

He is a remarkable man who, at 95 years old, continues to take care of himself and his home. He continues to run the self-proclaimed

"Frangos Bakery," at his home with fresh homemade bread ,spanakopita, paximadia and other delicious food. He remains active, enjoying painting and composing Greek poems about his experiences.

Ilias thanks God for blessing him and his family with good health and bringing him to America. He is honored to be this year's recipient of Father of the Year and feels fortunate to be a part of the Annunciation community full of his family and friends.

### Nick Kontonis

Nick Kontonis has a great love for his family, friends, travel, sports, and helping. You may recognize him as the man behind the Pangari , where he has been helping the ladies and gentlemen of the Philoptochos and Parish Council of the Annunciation Cathedral in San Francisco.

Nick Kontonis was born January 1, 1962, on the beautiful island of Zakynthos, in Greece. His parents Dimitri and Maria Kontonis brought him first to Montreal, Canada. Next, the family immigrated to San Francisco, California when Nick was twelve years old.

The Annunciation Cathedral was the place Nick attended Sunday School and Greek School. Nick also learned to play the American game of basketball at the church. At age eighteen he joined the Parish Council for the first time and coached his first basketball team. He has continued serving on the Parish Council and coaching both boy and girl basketball teams.

As an immigrant, Nick has always known the value of honest, hard work. He began working with his parents in the restaurant business until 1995. Then he changed careers and has been working at Makras Real Estate where he continues to work.

Nick met his wife Athena, also known as Tina, at the church. They were married in 1985, at the old cathedral. Nick is father to Dimitri, age 16, and Bobby, age 12. They were baptized at the Annunciation Chapel. Nick is also Godfather to Katherine Fotinos, age 24, Kameron Makras, age 12, and Athena Gullota, age 3.

The Annunciation Greek Orthodox Cathedral has been central in his life. Nick is grateful and thanks the Philoptochos and his Annunciation family.

**"Our model should be Christ  
and our continuing aim will  
be how to live in Christ."**

- Metropolitan Hierotheos  
of Nafpaktos





## Annunciation Cathedral Soup Kitchen Continues!

Led by Annunciation Cathedral's Young Adults, on May 20th, we continued our community outreach efforts in the Mission with our second soup kitchen. **Chef Harry Madeckas** led the menu prep and execution along with a team of young adult volunteers, for around 30 local residents. Homemade fried chicken, mashed potatoes and gravy were served, with nothing left by the end of the evening.

At the time of publication, another soup kitchen was held on June 24th.

The Annunciation Soup Kitchen Committee just finalized these upcoming soup kitchen dates: July 22, August 19, September 9, October 21. The event will be held on the third Tuesday of every month, unless otherwise noted.

If you have any questions, feel free to contact **Stefani Kalligeros** or **Christina Tsiatis** at [soupkitchen@annunciation.org](mailto:soupkitchen@annunciation.org) or visit Annunciation's Facebook page for updates and volunteer sign-up. We would not be able to successfully carry out this new community initiative without volunteers. The response from Orthodox Christian parishioners and the SF community has been incredible. Thank you for your support!







## PHILOPTOCHOS NEWS

### Congratulations to the 2014 Annunciation Cathedral Fathers of the Year!

On June 15, 2014, Father's Day, our Philoptochos celebrated two special Fathers with a luncheon following Church Service and proclaimed them "Fathers of the Year." We were delighted to honor these two very worthy men, **Ilias Frangos** and **Nick Kontonis**, who represented all fathers on this special day. They were presented with plaques and gifts and bios were read for each of them by **Father Niko Bekris**. It was very evident that each of them has contributed much to community, Church and especially to family. We were honored to have **His Eminence Metropolitan Gerasimos** with us for Father's Day. In his remarks His Eminence spoke to the importance of Fatherhood and the family and he noted that these two fathers were true examples of love and support to their families. I thank all the Philoptochos women who helped make the day special and a special thanks to **Angelo Koutoulas** of the Chick N Coop who prepared a delicious luncheon. It was a great day with the community giving their admiration to these two special fathers. You can sense the warmth and love in the pictures taken that day. Axios! Axios!

The summer months are now upon us and of course that means we are closer to the September 19th date of our TASTE of GREECE FESTIVAL. Once again our Philoptochos women will be active and ready to help. We will donate and help underwrite the pastry booth. Please join us as we prepare the delicious assortment of pastries and food items. A cooking schedule for the festival has been developed and you will find a copy at the *pangari* or the narthex. If you have any questions please call me or email me at [p\\_aleco@sbcglobal.net](mailto:p_aleco@sbcglobal.net) or [aleventis3@comcast.net](mailto:aleventis3@comcast.net). Let's make this the best Festival ever. In addition you can join us at any one of the Festival meetings or let us know how you would like to participate by speaking to us at coffee hour after service.



Our members wish you a wonderful summer.

*With warmest regards and love in Christ,  
Patricia Aleck, Philoptochos President*

### Xronia Polla for Namedays in July!

Best wishes to the following individuals who celebrate their namedays this month:

**Effie Makras**  
**Louie Eliopoulos**  
**Louis Selianitis**  
**Elias Stratiotis**  
**Panteleimon Kyriacou**

**Saint Euphemia, the Great Martyr, July 11**

**Prophet Elias (Elijah), July 20**

**Saint Panteleimon, July 27**

You may wish to consider sponsoring a coffee hour on the Sunday closest to your nameday, as a way of celebrating with our parish family. For more information, please contact **Mike Canellos** at (415) 864-8814.

*\*\* The information above was taken from the data submitted on our 2014 stewardship pledge cards. If your name does not appear on this list, please feel free to give your information to our stewardship data table in the gallery, or by filling out a 2014 stewardship pledge card. \*\**





# Annunciation Cathedral Greek School Registration Form

September 2014 - June 2015

Complete a separate form for each child.

Contact Director of Admissions for information on enrollment

## STUDENT'S INFORMATION

Name

Birth month/year

Street address

CA

## PARENTS' INFORMATION

Mother's name

Mother's phone number

Father's name

Father's phone number

Email address(es)

## EMERGENCY INFORMATION

Emergency contact name

Contact's phone number

Student's insurance

Doctor's name

Doctor's phone number

Please list any medical conditions that our teachers should be aware of, including allergies. Also list all medications that the student is currently taking and for what conditions.

## WAIVER OF RESPONSIBILITY

I authorize the Staff of the Annunciation Greek School to call an ambulance for my child in case of an accident or acute illness and to allow for possible medical and surgical care in case his/her doctor or I am not immediately available.

Parent/Guardian signature

Date signed





## Donation FORM

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Item	Cost	Item	Cost
<input type="checkbox"/> Napkins	\$80	<input type="checkbox"/> Lemon Juice	\$400
<input type="checkbox"/> Propane	\$100	<input type="checkbox"/> Bell Peppers	\$500
<input type="checkbox"/> Cleaning Supplies	\$120	<input type="checkbox"/> Chicken Broth	\$500
<input type="checkbox"/> Tablecloths	\$140	<input type="checkbox"/> Filo Dough	\$500
<input type="checkbox"/> Cooking supplies	\$150	<input type="checkbox"/> Tiropites	\$800
<input type="checkbox"/> Schedule/Menu Printing	\$160	<input type="checkbox"/> Loukoumades	\$850
<input type="checkbox"/> Paper Towels	\$190	<input type="checkbox"/> Butter	\$500
<input type="checkbox"/> Ice – Inside Bar	\$300	<input type="checkbox"/> Spanakopita	\$800
<input type="checkbox"/> Cups	\$350	<input type="checkbox"/> Gyro	\$2,500
<input type="checkbox"/> Fasolakia	\$400	<input type="checkbox"/> Lamb	\$3,500
<input type="checkbox"/> Utensils	\$400	<input type="checkbox"/> Souvlaki	\$5,000

Please apply towards preparation of: \_\_\_\_\_ \$ \_\_\_\_\_

All donations are fully tax-deductible to the extent permitted by law.

PLEASE MAKE CHECKS PAYABLE TO: "Annunciation Cathedral"

For Payment by Credit Card

American Express       Mastercard       Visa

Card Number: \_\_\_\_\_

Signature: \_\_\_\_\_ Exp Date: \_\_\_\_\_

PLEASE NOTE THAT YOUR NAME WILL BE PLACED IN THE 2014 FF Souvenir Book





## Saint John Chrysostom on The Birth of the Church on the Cross

The following excerpt was quoted by  
Marcelo P. Souza on his blog, "Luminous Darkness":

"The gospel records that when Christ was dead, but still hung on the cross, a soldier came and pierced his side with a lance and immediately there poured out water and blood. Now the water was a symbol of baptism and the blood, of the holy Eucharist.

The soldier pierced the Lord's side, he breached the wall of the sacred temple, and I have found the treasure and made it my own. So also with the lamb: the Jews sacrificed the victim and I have been saved by it.

"There flowed from his side water and blood". Beloved, do not pass over this mystery without thought; it has yet another hidden meaning, which I will explain to you.

I said that water and blood symbolized baptism and the holy Eucharist. From these two sacraments the Church is born: from baptism, "the cleansing water that gives rebirth and renewal through the Holy Spirit", and from the holy Eucharist.

Since the symbols of baptism and the Eucharist flowed from his side, it was from his side that Christ fashioned the Church, as he had fashioned Eve from the side of Adam. Moses gives a hint of this when he tells the story of the first man and makes him exclaim: "Bone from my bones and flesh from my flesh!"

As God then took a rib from Adam's side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church. God took the rib when Adam was in a deep sleep, and in the same way Christ gave us the blood and the water after his own death.

Do you understand, then, how Christ has united his bride to himself and what food he gives us all to eat? By one and the same food we are both brought into being and nourished.

As a woman nourishes her child with her own blood and milk, so does Christ unceasingly nourish with his own blood those to whom he himself has given life.

- St. John Chrysostom (Cat. 3, 13-19; SC 50, 174-177)"

*"This is the day which  
the Lord has made; let us  
rejoice and be glad in it."*

- Psalm 118:24

## Community Link Continues Ministering to Those in Need

Community Link, now in its ninth year of existence, is a group of Annunciation parishioners who meet once a month on a drop-in basis to visit members of our community who may be confined due to illness or age. We travel to hospitals, nursing homes and private residences. Many of those we visit no longer have family or friends to support them and just need to know there is someone who cares. A short visit or phone call can lift one's spirits a great deal. If anyone in the community knows of any other home bound parishioners to add to our list or would like to join us for a visit, please contact, please contact Pauline Oetzel at [poetzel@hotmail.com](mailto:poetzel@hotmail.com). Upcoming Community Link dates are: July 19, August 16, and September 20 at 9 am.

*"On the eighth day, he sent  
the people away and blessed  
them. Each one went to his tent,  
joyful and with a good heart for  
all the good the Lord did..."*

- 3 Kingdoms 8:65



# YOUTH NEWS

## Sunday School Korner

'Like' Annunciation  
Cathedral Sunday  
School!



### Annunciation Congratulates Graduates

The following students also graduated from their respective schools recently:

Nicholas Franco (Burlingame High School) Class of 2014

Michael Franco (Burlingame High School) Class of 2013

Greek School to Resume September 27  
for 2014-2015 School Year

Many thanks to the talented staff and parents that made this year's Greek School program a success! Should you have any questions about the program or would like to sign your child up for the 2014-2015 year, which resumes September 27 (the Saturday after the food festival) please fill out the attached registration form, and send it to either **Anthi Janssens** ([anthij@comcast.net](mailto:anthij@comcast.net)) or **Philip Athanasiades** ([philippos1cy@yahoo.com](mailto:philippos1cy@yahoo.com)).

### Within These Walls

Within these walls,  
His priests lift up their hands.  
Within these walls,  
His children learn to stand.  
Within these walls,  
you hear the Angels sing.  
Within these walls,  
we have an offering.

Within these walls,  
His Spirit teaches us.  
Within these walls,  
His wisdom reaches us.  
Within these walls,  
the injured receive care.  
Within these walls,  
there is effective prayer.

Within these walls,  
His sheep He safely feeds.  
Within these walls,  
His government He leads.  
Within these walls,  
you grow to love His friends.  
Within these walls,  
you know release from sins.

- Doug King and John Finley



### Young Adults Put on Soup Kitchen, Brunch

June was another busy month for our young adult group! First, on June 24, the Cathedral held its third soup kitchen (now on a monthly basis), spearheaded once again by our young adults, who also brought many of the ingredients that night.

Then, on Sunday, June 29, the Cathedral held its first ever SF Young Professionals Sunday Brunch! It was a wonderful outreach to many of the young adults who have moved to San Francisco for work, whether they have participated in young adult events in the past, or not. Many, many thanks to **Chef Harry Madeckas** for cooking, and to Kokkari Estiatorio, 22nd and Irving, Zoe Meats, and Raymond's Bread for their donations.

*\*\*The Cathedral Young Adult group is open to all young adults 22-35(ish)\*\**

For more information on any of our youth groups, feel free to contact **Father Niko** at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org), or visit the "Youth of Annunciation Cathedral San Francisco" Facebook group page.



### JOY Pool Party!

Our Cathedral JOY and their families finished the 2013-2014 school year with our annual pool party at the Monolakis house! Many thanks to John and Demetra for opening their home to us one more year. A great time was had by all.

Our JOY group will resume our events in October, after the food festival. Here's to another great year!

*\*\*JOY (Junior Orthodox Youth) is open to all youth between grades 3-6\*\**





Our young adult group at the SoMa Street Fair last month, supporting our very own Maria and Stefani Kalligeros and their loukoumades truck, Me Meli!

## Altar Groups to Resume in September

If any families are interested in their boys joining an altar group, who are above the age of 10, feel free to contact **Father Niko Bekris** at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org). Thank you also to **Nektarios McKnight** for guiding and instructing our altar servers each Sunday. As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!

## SACRAMENTS AND SERVICES

### FUNERAL

**Aretie Calligas**, who fell sleep in the Lord on May 22, was buried May 28. She is survived by her daughter, **Athena**, and her family.

(*Aionia I Mnimi!*) Eternal Memory!

### WEDDING

The Cathedral congratulates **Jonas Bjoerck** and **Litsa Lambrakos**, who had their marriage blessed at Nativity of Christ Church on June 21. Their sponsors were **Manos Papamichalopoulos** and **Maria Fotiadi**.

*Na zisete!* Long life!



## J U L Y   C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
			Construction Meeting, 10 am		Independence Day, Office Closed	
6	7	8	9	10	11	12
Orthros, 9 am, Divine Liturgy, 10:30 am			Construction Meeting, 10 am			
13	14	15	16	17	18	19
Orthros, 9 am, Divine Liturgy, 10:30 am			Construction Meeting, 10 am			Community Link, 9 am
20	21	22	23	24	25	26
Orthros, 9 am, Divine Liturgy, 10:30 am Parish Council, 12:30 pm		Soup Kitchen, 6:30 pm	Construction Meeting, 10 am			
27	28	29	30	31		
Orthros, 9 am, Divine Liturgy, 10:30 am			Construction Meeting, 10 am			

“The Church ‘never grows old, but is always young.’ It is an evergreen, ever-living Tree of grace and life, of joy and comfort.

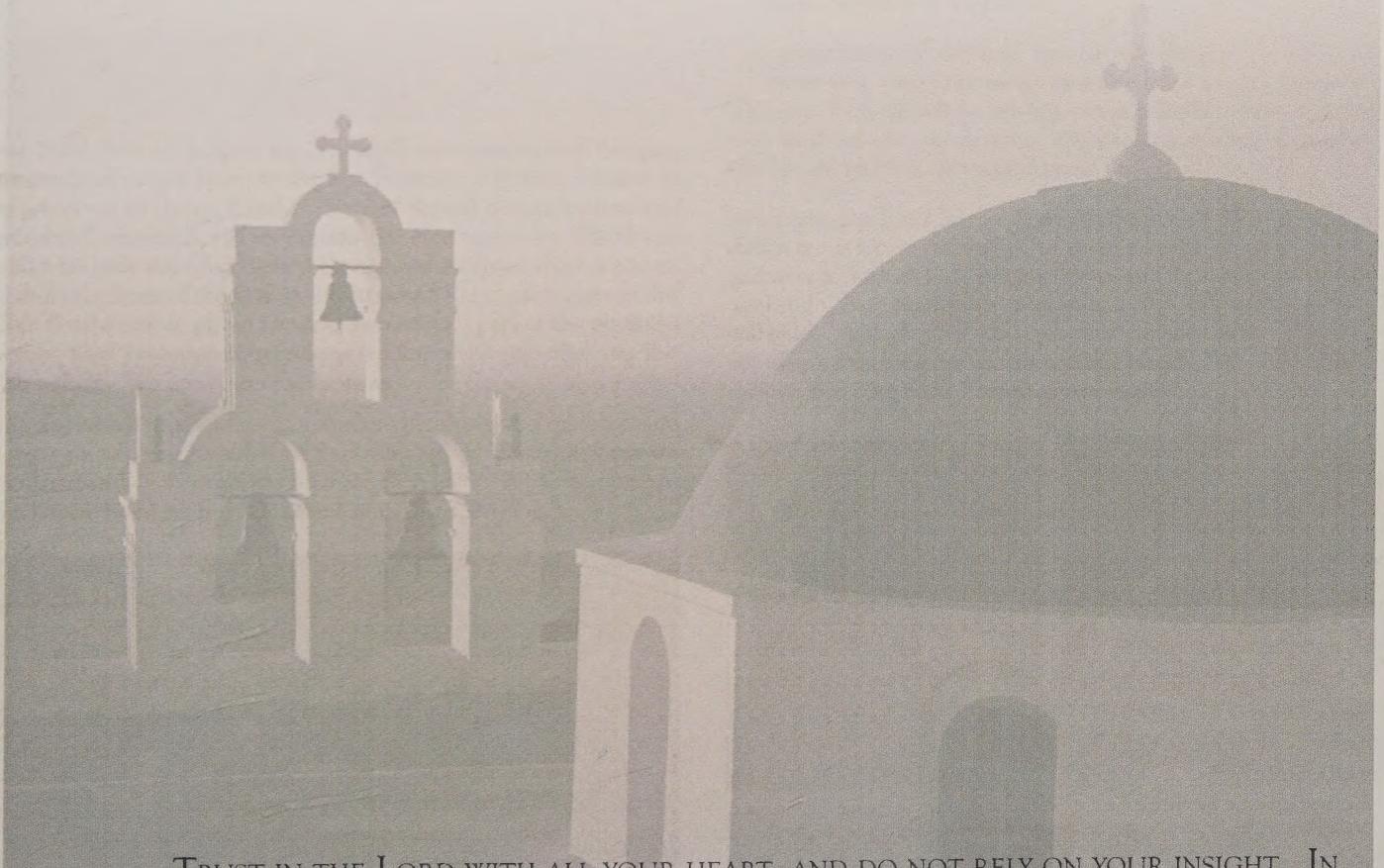
For the Holy Spirit – ‘the Treasury of Blessings and Giver of Life - comes and abides in us, and cleanses us from all impurity,’ and fills our life with meaning, love, faith and hope.”

- Fr. Alexander Schmemann



UNITED GREEK ORTHODOX COMMUNITY OF  
SAN FRANCISCO, THE ANNUNCIATION  
ANNUNCIATION CATHEDRAL  
245 VALENCIA STREET, SAN FRANCISCO, CA 94103-2320

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
SAN FRANCISCO, CA  
PERMIT NO. 1734



TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT RELY ON YOUR INSIGHT. IN  
ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT YOUR PATHS.

— Proverbs 3:5-6

